chronicle@axp.calumet.purdue.edu www.PUCchronicle.com

The PC Chronicle

Vol. 19 No. 17 Monday, January 22, 2001

News
Internet use can hinder studying and social interaction.
See page 3

Opinion
Credit cards can be a student's best friend or worst enemy.
See page 4

Entertainment
Bjork brings something new and unexpected to the new millenium.
See page 6

Two students die in car crash

MAX BUCZYNSKI
News Editor

Lori Gallagher, a student at IUN, and Tammy Berg, a honor student at PUC who also made the Dean's List two out of the three semesters she was here, were traveling north on Interstate 65 near Lafayette when the car crossed the median into the southbound lane and struck a vehicle head on. Berg and Gallagher, along with a passenger in the other vehicle were killed instantly. Berg's 3-year-old daughter, Paige, suffered only minor injuries.

"They were such nice people. I would never think that something this horrible would happen to someone so young and so full of life,"
Niki Kvarta,
a junior majoring
in nursing

Wes Lukoshus, director of the Office of University Relations, expressed regret that the PUC community lost one of its students.

"The university is deeply saddened by the tragic death of Tammy Berg. Her passing is a somber reminder or just how frail and uncertain life can be. This young woman was an honor student at Purdue Calumet, seemly with a bright future ahead of her. We share in the grief of her passing and extend our deepest sympathies to her family and the other families of the individuals by this unforgiving accident," Lukoshus said.

"They were such nice people. I would never think that something this horrible would happen to someone so young and so full of life," Niki Kvarta, a junior majoring in nursing, said.

Gallagher was a 1998 Gavit High School graduate and Berg also received her diploma from Gavit High School.

Speed was a factor in the crash, according to Indiana State Police Sgt. Shana R. Kennedy.

Photo provided
Lori Gallagher

Photo provided
Tammy Berg

Renovated Anderson building ready for classes

ANTHONY PRUITT
Photographer

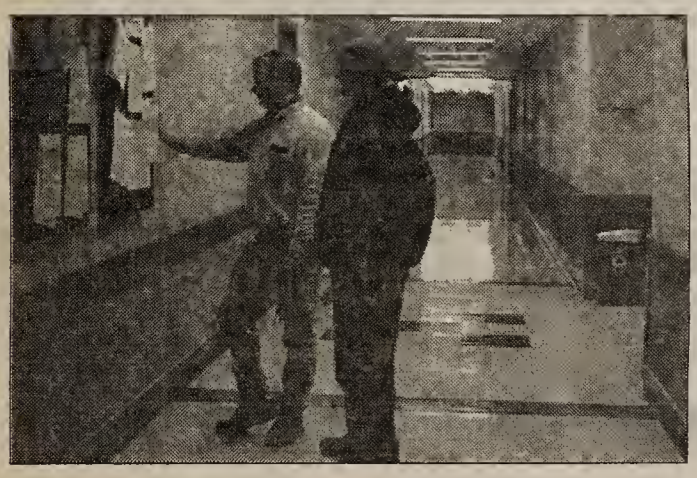
The Anderson Building has reopened following renovation to remove asbestos. The project, which was put into effect in fall 1998, was suggested as opposed to simply dealing with the problem on a location only basis.

During the remodeling, all that remained in the building were the elevator shafts, the outside brick walls, and the floors.

"They completely redid the building; they just gutted it, the floor plan is totally different," Dennis Korchek, dean of technology, said.

Because of the remodeling, moving the students to different areas had to be done. These moves included different areas in the city.

"Some classes were moved to the Hammond Area Career Center, some to CLO, and some were moved to Lawshe," Rob Moyer, director of facilities, plannings and projects, said.



Richard Brown, a junior majoring in construction technology (right,) and Joe Pietrzak, an alumni with degree in engineering geology check out the employment board in front the of construction technology office in the newly reopened Anderson Building.

Photo by Jennifer McCampbell

Though Ralph Bennett, professor of civil engineering technology, said he felt the changes in the building were for the better, he faced some challenges.

"Many of the changes are good, but the reason I have frustrations are, for example, this morning (Jan. 16), there was no chalk or erasers; I was supposed to start class and didn't have anything hooked up," Bennett said.

"Students are going to like it, because *what I am noticing is that there are* bigger labs, but our department had less lab space than before,"
Ralph Bennett,
professor of civil
engineering technology

"I think that the planning could have been better, but that's easy to say once it has been done," Bennett said.

The classrooms were made larger and the offices smaller. Bennett said he feels that is better because it places more students in one class.

"Students are going to like it, because what I am noticing is that there are bigger labs, but our department had less lab space than before," Bennett said.

Once again, the Anderson Building is open for business but there is still some construction going on.

"A few classes are being held here again," Korchek said. "We are still doing a few minor adjustments that will soon be over."

Purdue president modifies non-discrimination policy

ANTHONY PRUITT
Photographer

The dispute between minority groups at Purdue Lafayette and the president of Purdue University ended after a final compromise that clarified the non-discrimination policy regarding the marital, parental and sexual status of members of the Purdue University community.

Students, who said they felt the policy was not being enforced, approached President Martin C. Jischke in the fall of 2000, asking him to clarify the policy.

Although the policy previously prohibited discrimination based on race, religion, color, sex, age and national origin, it has been revised to protect all possible minority groups, Alysa Rollock, vice president of human relations of Purdue University, said.

The policy
three newly specified groups: marital status, parental status and sexual orientation will be included in the Purdue University policy.

Purdue Lafayette is the last school in the Big Ten not to specifically include sexual orientation in its non-discrimination policy. The Purdue Equality Alliance, a student organization that focuses primarily on the equal opportunities for students, organized a petition to clarify the policy.

"There were no riots or outbursts to my knowledge," Jischke said. "The students believed there were problems with the then existing policy."

"I was visited by a group of students in the fall who thought the university's policy should be changed to explicitly prohibit discrimination based on sexual orientation," Jischke said.

"I was visited by a group of students in the fall who thought the university's policy should be changed to explicitly prohibit discrimination based on sexual orientation,"
Martin C. Jischke,
president of
Purdue University

Many students at PUC agreed that policies needed to be clarified.

"I think that is a great policy. People don't get along today because of superficial reasons. It shouldn't be like that," Betty Nickovich, a freshman majoring in English, said.

Some students felt there was nothing being done to stop the discrimination. However, there are consequences to violating the policy, but the punishment is kept confidential.

"There was an incorrect perception that Purdue did not hold this against the harassing parties," Norberg said.

PUC Chancellor James Yackel has the authority to decide the punishment for offenders of this policy.

"There have been harassments and some are still going on. There is a panel to investigate charges; if they're reported to me, I set what's carried. However, harassers can be appealed by the president," Yackel said.

Help plan homecoming. Contact Student Leadership and Development at 989-2369 to participate

ADMINISTRATIVE UPDATE

We hope there is never a need to use them on campus, but if there is... they could save a life!

What if an exerciser suffers from cardiac malfunction during a workout in the university's Total Fitness Center?...What if a student or professor, while walking across campus, collapses suddenly in cardiac arrest?...What if a maintenance worker experiences chest tightness and faints?

Yes, emergency medical assistance would be summoned, but...

"Early defibrillation is the key to survival," Purdue University Calumet Police Chief Stephen Chaddock said. "If you don't properly attend to a victim within the first six minutes, his or her survival rate is severely hampered."

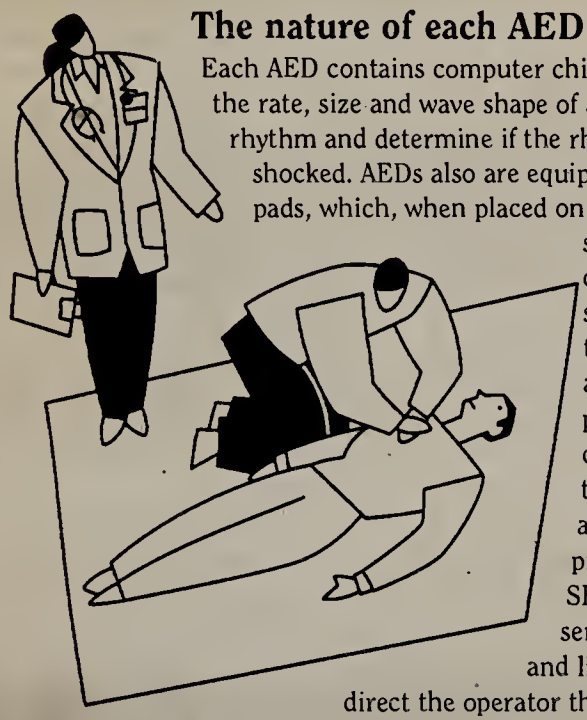
There are 4 on campus

With that in mind the university is equipped with four automated external defibrillators (AEDs). Three are kept in high-traffic campus locations, including the Total Fitness Center, with the fourth readily available in the university's police squad car.

The devices are intended to save a life prior to on-the-scene arrival of emergency medical service personnel.

Purdue Calumet is believed to be the first Calumet Region post-secondary institution and Purdue regional campus to obtain AEDs. All seven Purdue Calumet police officers and all six Total Fitness Center staff members are officially AED-trained according to American Heart Association standards, thanks to training provided by Purdue Calumet Associate Professor of Nursing Judy Stryczek. University police officers and the Total Fitness Center staff also are trained to perform cardiac pulmonary resuscitation (CPR).

The nature of each AED



Each AED contains computer chips that analyze the rate, size and wave shape of a victim's cardiac rhythm and determine if the rhythm can be shocked. AEDs also are equipped with electrode pads, which, when placed on a victim's chest can sense a human cardiac electric signal and send it to the computer. If a shock is computer-prescribed, it is delivered through the electrodes when a trained operator presses the AED's SHOCK button. A series of voice prompts and lighted indicators direct the operator through the AED activation process.

Because AED use is computer-determined, misuse based on human error is prevented.

"These devices are proven technology, need little maintenance, and their voice-prompting nature makes them easy to use," Chaddock said. "Out of the approximately 350,000 cardiac arrest cases suffered each year, AEDs, if used properly, could save one-third of the lives."

Protocol for AED use is established through the American Heart Association. Purdue's Student Health Center at West Lafayette, directed by Dr. James Westman, provides the authority and oversight required by the AHA, thereby legally protecting Purdue Calumet from liability.

"We see the use of AEDs as an enhancement to our commitment to providing a safe campus environment—a campus responsive to medical emergencies," Chaddock said.

At a glance

around campus

Gamers' Guild seeks players

Purdue University Gamers' Guild is seeking new members for the spring semester.

PUGG is an organization for students who enjoy role-playing games, such as Dungeons & Dragons, Vampire: The Masquerade and Mage: The Ascension.

Experience is not necessary to play. Students may come to as many games as they choose, dates and times are as follows: Mondays from 6:30-11 p.m., Tuesdays from 6:30-11 p.m., Fridays from 6:30-11 p.m., Saturdays from 1-5 p.m. and 6-11 p.m.

A beginners' night will be held Wednesdays from 9-11 p.m. for students who want to learn how to play or run games. Further information and locations will be given at a later date. For more information contact President Will Race at lordwill@hotmail.com.

The Chronicle seeks staff members

The Chronicle, PUC's award-winning newspaper is looking for writers to fill vacancies in the news and sports departments.

The Chronicle also seeks photographers and ad reps. Ad reps receive a 20 percent commission for ads sold. Experience is not necessary.

For more information on joining *The Chronicle* staff, call Tiffany or Jade Lee at 989-2547 or stop by SFLC 344-H and request an application.

SGA looks for senators

The SGA would like to remind the student body that senate positions are still available. It is a great leadership opportunity and a good way to get involved with the University.

There are several committees to choose from and maybe one that interests you.

For more information, contact any member of the SGA or stop by the office located at SFLC 324-G.

Hoosier Adapt offers Online forum

Hoosier Adapt offers a forum and message board that provides a way to communicate with other students to improve the well being of the disabled community on campus.

The forum is now available at http://forums.delphi.com/purduestudents/messages/?msg=9.1. The site is interactive so students can leave messages and their E-mail address.

Intervarsity Christian Fellowship hosts information table

Intervarsity Christian Fellowship is an organization on campus where you can fellowship with Christians or just learn what Christianity is. We're always excited to meet new people, Christian or not.

Please stop by our information table in SFLC concourse, Jan. 29 to Feb. 2, 9 a.m.-7 p.m.

Woodmar Clinic offers health screenings

Woodmar Clinic, a member of Saint Margaret Mercy Medical Associates, offers free blood pressure and blood sugar screenings from 8:30-9:30 a.m., the first and third Wednesdays of the month.

The screenings are held on the lower level of the clinic at 2450 169th St. in Hammond. For more information, call 845-6666.

Sledding hills open to public

Sledding Hills are open at Oak Ridge Prairie County Park, 301 S. Colfax St. in Griffith, and Lemon Lake County Park, 6322 W. 133rd Ave. between Crown Point and Cedar Lake. The hills will be open from 9 a.m. to 5 p.m. until March 31 when adequate snow cover allows.

Participants must bring their own sleds. No ski boards, metal or wood sleds with runners are allowed. A gate fee must be paid when the gatekeeper is on duty. Call 769-PARK for updates on snow conditions.

Buckley offers bobsled rides

Sunday afternoons in January and February between 1-3 p.m. Buckley Homestead offers old-fashioned bob sled rides.

Buckley Belgian draft horses pull the open bed wagon on runners. Availability of rides depends on snow and temperature conditions, call Buckley at 219-696-0769 the Saturday afternoon prior to visiting the park to check conditions.

Rides last 20 to 25 minutes and cost $2 per person. The bobsled holds 8 to 10 people.

Those riders are encouraged to dress warmly and bring an extra blanket for a cover.

Quote of the Week

'It's where we go, and what we do when we get there, that tells us who we are.'

- Joyce Carol Oates
1938-

The Chronicle

Purdue University Calumet
2200 169th St. SFLC 344-H,
Hammond, Indiana 46323-2094
Phone: (219) 989-2547
Fax: (219) 989-2770
E-mail: chronicle@axp.calumet.purdue.edu
or campus cc:mail - chronicle

Editor in Chief
Tiffany Amber Sanchez
Managing Editor
Jade Lee Culberson
Production Manager
Amy Aurelio
Assistant Production Manager
Kristin Harkin
Human Resources Director
Gabriel Chaddock

Online Editor
Kevin Kosovich
News Editor
Max Buczynski
Entertainment Editor
Lorrell D. Kilpatrick
Sports Editor
Frank Sprankle
Adviser
Dave Fanno

Chief Copy Editor
Courtney Kane Eliman
Human Resources
Chris Kosovich
Michelle Peak
Promotions
Jason Dananay
Chief Photographer
Skye Enyeart
Photographers
Jennifer McCampbell
Anthony Pruitt
Michael D. Stewart
Staff Writers
Edward Ciechomski
April Engle
Camille Gonzalez-Jensen
Bob Grantz
Cynthia Gutierrez

Anne Marie Guzior
Brenadette Harney
Kim Hayes
Kathalina Hernandez
Corine Jurgerson
James E. Laczkowski
Kimberly McCrary
Stephanie Peterson
Rachel Riecken
Jim Sabin
Phillip Smith
Production Assistants
Joel Franklin
Adam Madison
Andrea Murray
Advertising Representatives
Anastasia Trekles
Lawrence White II

Internet changing society?

ADAM MADISON
Production Assistant

As the Internet continues to thrive, people are beginning to wonder how it is affecting society.

This sudden advance in technology is quickly changing the world as the telephone and television affected earlier generations, Robert Kraut, psychologist, said.

"Search engines enhance critical thinking skills by introducing users to a seemingly infinite number of solutions to a problem. As users are introduced to new ideas, different and often conflicting perspectives are multiplying," Isabella Granic of the American Psychological Association said.

However, some feel the availability of information may prove to be problematic.

"The vast amount of information is often difficult for students to sift through," Terence Anderson, a PUC lab consultant, said.

The Internet has also introduced an entire new channel of communication with chat rooms and e-mail.

Granic stated this channel allows an assortment of diverse users to digitally unite and share different philosophies and cultures.

The Internet has negative effects on society, and in fact, has caused depression and the deterioration of social interaction.

Photo by Jennifer McCampbell

Emily Feinstein, junior majoring in mechanical engineering, plays chess on computer while waiting for time to pass between classes.

"Our newfound 'Internet buddies' are replacing the stronger ties of friends and family," Granic said.

"It is also more difficult to build social connections without physical interaction," he said.

"I see less of my sister," Jasmine Lopez, a communication major, said.

"She is always online chatting. She ties up the telephone for hours. I hate computers," Lopez said.

Anderson said chat rooms and e-mail are also hurting students academically.

"There are many students coming to the lab for entertainment rather than academics," Anderson said.

He also admitted spending a little too much time in chat rooms when he should have been studying.

"Like any other technology, the Internet is abused and that it is entirely up to the user," Kraut said.

POLICE LINE - DO NOT CROSS

PUC police beat 1/8/01 - 1/14/01

Monday, Jan. 8, 12:58 p.m. A student at the PER building reported injuring his ankle playing basketball. The victim was treated at the scene.

Wednesday, Jan. 10, 2:20 p.m. A staff member reported a theft at the Challenger Center. A laptop computer was taken. This case is under investigation.

Friday, Jan. 12, 3:05 p.m. A staff member reported overhearing a student make a threat towards another staff member. The case is under investigation.

Help Wanted
seeking tax preparers and office help
• For the months of January - April
• Willing to work around your schedule
• $7-$12 per hour
Offices located in: Schererville, Gary, Merrillville, East Chicago and Whiting.
(219) 864-9695

During exam, man threatens to blow up Harvard

U-WIRE

A man walked into a Harvard University Science Center exam room and threatened to set off a bomb Thursday morning, before students fled and he was taken into custody by police. No one was harmed in the incident.

The man, who identified himself to police as Kenneth Leong, interrupted the final exam of Literature and Arts B-21, "Images of Alexander the Great," in Science Center B. The exam was just beginning with several slide identifications at 9:30 a.m. when the man — who the course professor described as tall and thin, with facial hair, a dark complexion and dark clothes — entered the room through the doors in the room's back at around 9:30 a.m. The professor, David G. Mitten, Loeb professor of classical art and archaeology, said the man looked "extremely agitated."."

The man threw a brick at the blackboard and, after whipping off a satchel he had slung around his neck, informed the room that he had a bomb and "would kill everyone."

According to witnesses, Mitten demanded "Who are you? There's an exam going on." The man replied that his name was "Romanticist" and that if anyone tried to leave the room he would detonate his bomb. He said he was "declaring war on the United States of America."

Mitten said his first thought was that the man was a student late for an exam, but then "I realized he was dead serious and this was real trouble."

The man asked the students to put their heads down, but one student jumped up and ran out, starting a "stampede" for the door, according to Brandan A. Kramer '01.

Mitten, Teaching Fellow Marc A. Lindemann, and one student — Kris A. Garin — remained in the room with the man.

"I wasn't going to wait around and be held hostage," said Cecily B. Fleming '03, one of the students who fled the exam room.

As the students fled the room, others in the Science Center followed them. The building was evacuated without incident.

Emergency units were on scene within minutes of the threat. By 10 a.m., Cambridge Police officers sealed the streets around the Science Center with police line tape. Cambridge Emergency Management also responded to the threat, joining two companies of the Cambridge Fire Department, including ladder trucks and heavy rescue units.

HUPD officers said the man struggled when officers tried to arrest him.

"He was uncooperative and failed to obey officers' commands," said Sergeant Robert Kotowski, who participated in the arrest.

Officers had to use mace to subdue the suspect, said HUPD Chief Francis D. "Bud" Riley. After his arrest, the suspect was taken to HUPD's 29 Garden St. headquarters for questioning and then transported to Cambridge City Hospital for a psychological evaluation.

After removing the suspect from the scene, Cambridge police bomb technicians examined his satchel, which had been left in the Science Center. They eventually determined that it was not an explosive and removed it as well.

Outside, while news helicopters hovered overhead, Mitten talked with students.

"I'm just glad everyone's okay. I want to thank you all for acting with cool heads," he said. He added jokingly, "This is an insult to Alexander!"

Around 11:30 a.m., HUPD reopened the building to allow students to get their possessions and leave.

Earn $7.50-11.00/hr!!
Plus a $100 Sign-on Bonus to current Purdue students!
We are looking for people with good communication skills to fill several day and evening phone rep positions.

We offer the following:
*Flexible Schedules
*Part-time & Full-time Hours
*Paid Vacations/Holidays
*Optional Saturdays
*Health/Life/Dental/401(k)
*Incentives/Raises
*Supervisory/Mgt Positions
*Paid Insurance Licensing
*Paid Training
*Locations minutes from Campus

1 (888) 801-JOBS
Indianapolis Blvd/Main St.
US30/Indianapolis Blvd
I-65/US30

The Chronicle
est. 1983
Tiffany Amber Sanchez, *editor in chief*
Jade Lee Culberson, *managing editor*
Amy Aurelio, *production manager*

Be aware of credit card responsibilities

There are many expenses that go along with turning 18 and entering college. Students who don't already have a car will typically buy one. Some move into dorms or their own apartments, many others have to pay rent at home. And, of course, there's the hefty college tuition that students not lucky enough to get aid have to pay.

Age 18 is when people usually begin receiving credit card offers in the mail and eventually send in an application. As so many people do each year, the average college student will be approved for at least one credit card. That first card can either be the first of many mistakes a student will make with their financial future, or a strong first step toward building good credit.

Credit cards are important for emergencies and when textbooks need to be bought right away, not on payday two weeks down the road. Even the occasional use to buy a new shirt or order a pair of concert tickets is typically not harmful if the money is set aside as soon as possible to pay the bill in full when it comes. That can actually build credit, which is useful when buying a car or renting an *apartment someday in the future.*

Students who plan to make big purchases with their credit cards, such as computers or expensive cameras, should begin setting aside money in advance to make the first couple payments. Paying more than the minimum will help in avoiding the trap of just paying on the interest every month, which draws out the process even longer. This is especially the time to check what the interest rate is and to try to seek out the lowest rate possible.

Common traps that first-time credit card holders fall into are things like continually applying for more cards or saying yes to offers to extend credit limits.

Also, impulse shoppers are more likely to buy excessively when they carry credit cards. This is a problem that can be deterred by not carrying credit cards unless planning to use them and returning with the card to make unexpected purchases. Chances are you won't make it make to the store to make that impulse buy unless you really desire the product.

When students graduate from college, they often have student loans to pay off and the expense of moving out onto their own. High credit card bills only add to the stress and responsibility that comes with receiving a college degree.

Students who have problems with credit card use should keep one card, put-away and not too easily accessible, for emergencies and use cash or checks for all purchases. Professional help, financial advising and psychiatric help for compulsive spenders, is available for those who need it. Students need to realize the importance of starting out on the right foot for their financial future.

The Chronicle Editorial Policy

The views expressed in the commentaries and Letters to the Editor do not necessarily reflect the views of *The Chronicle* or Purdue University Calumet. *The Chronicle* is not an official publication of Purdue University Calumet.

The Chronicle welcomes reader input. Letters and commentaries must include the author's name, class standing or other affiliation and a telephone number for verification.

All materials submitted to *The Chronicle* become the property of *The Chronicle*. All material must be saved on a 3.5" DOS format disk. *The Chronicle* reserves the right to edit for clarity, accuracy, space and news style. Copy deadline is noon the Monday before publication.

The People Speak

Question of the Week: PUC has smaller class sizes than most residential universities. How have you benefited from this?

Nicole King
sophomore, pre-pharmacy
"You have more hands on experience with the professors."

John Cosgrove
freshman, engineering
"More one on one potential. The student is focused on more in a smaller class, better learning environment.

Ronnie Nixon
junior, criminal justice
"More one on one with the teacher. More comfortable with surroundings. Opinions and answers are heard."

Vanessa Roman
freshman, undecided
"When it comes to getting help from the teacher, they have more time for you and appreciate your comments. Smaller classes are better."

Josh Florek
junior, electrical mechanical engineering
"Makes it a more comfortable atmosphere. Makes it a better learning environment for students."

Vladimir Stragar
freshman, criminal justice
"Because student interaction is more personal you get more attention."

Cell phones cause distraction

JADE LEE CULBERSON
Managing Editor

Walk through the halls of PUC on any given day and you will see students talking on cellular phones as they go to class, as they leave their classes and as they linger outside the door of classes that are going on (because their phones rang during class, so naturally they had to take the call). These students talk loudly enough to be heard on a phone only slightly larger than a credit card in a hallway full of people having conversations (and they're talking loudly, because they're trying to be heard over everyone else).

The majority of students not talking on cell phones are reaching into their pockets and digging around in their purses to check their pagers, then rushing to the nearest pay phone to wait impatiently to call the person paging them. That person, incidentally, will probably answer on a cell phone.

I have to ask myself why students have to be so immediately reachable that they can't turn off their cell phones in campus buildings. I'm not judging anyone here, but why do students need to leave class to take phone calls or return pages? Emergencies are an exception, I understand, but I doubt there are that many emergencies every day.

Yes, we are in the technology age, and it's good to be able to get a hold of someone right away, whether they are at work, school or commuting to one or the other. But that doesn't mean that the privileges given to us in this era are to be abused.

My feeling is, if you really need to have a conversation on a cell phone, take it outside (or in between the doors, especially in bad weather). And if it's necessary to walk through the halls as you talk on your phone, please, keep it short.

Another problem with cell phones, and pagers for that matter, is the ringing and beeping; especially since so many people opt for electronic devices that have "cute" sounds and songs preprogrammed. This becomes even worse when the users of these devices want to play the songs for their friends' amusement. And worse yet is the new invention of cell phones that have games that can be played on the mini-screens, distracting people as they walk around campus and even as they sit waiting for classes to begin.

Some cities and states have or are considering regulations concerning people driving while using cell phones, and many restaurants have banned the use of cell phones in dining areas.

I think that PUC should limit the locations where cellular phones can be used and require that students keep their electronic devices on silent or low noise alerts, such as vibrate.

WHAT'S BUGGING YOU?
PUT IT IN THE CHRONICLE
Rm # SFLC-344H or
e-mail chronicle@axp.calumet.purdue.edu

PURDUE UNIVERSITY CALUMET

The Chronicle

Now taking applications for ad manager and circulation manager.

* Gain experience working in a professional setting.
* Build your resume.
* Access exciting internships and job opportunities.

Call Tiffany at 989-2547 or stop by SFLC 344-H to learn more about these opportunities that will shape your future.

Mike Kull recognized for leadership

BRENADETTE HARNEY
Staff Writer

For the past three and a half years, a vice chancellor and two assistant vice chancellors were structured to organize the office of administrative services. The purpose of this office was to develop quality and service for an exemplary learning environment.

Gary Newsom holds the position of vice chancellor and Douglas Sharp as assistant vice chancellor for computing technology and information services.

According to PUC's Administrative Services' Mission Statement, "is dedicated to performance excellence. We provide business, human resources, financial and procurement support services, safe environments, well-maintained facilities, and technology-based systems and enabling services as defined by our customers and stakeholders. Our support services foster an exemplary learning environment."

"Mike Kull provides an exemplary role model in and out of Administrative Services, he has demonstrated the result achieved in executive leadership,"
Gary Newsom
vice chancellor of
administrative services

Recently promoted to the position of assistant vice chancellor of administrative services, Mike Kull was proven worthy, and recognized for his leadership attributes and ability to work well with employees. Under any circumstances Mike Kull has the experience and is best qualified for this position. Kull has been among the faculty at PUC since Aug. 14, 1987.

"Mike Kull provides an exemplary role model in and out of Administrative Services, he has demonstrated the result achieved in executive leadership," Gary Newsom, vice chancellor of administrative services, said.

"Mike Kull is someone who is dedicated to Purdue Calumet," Catherine Farley, Kull's secretary, said.

Kull has a Bachelors degree from PUC and Purdue West Lafayette in biology and a Masters degree from Indiana University Northwest in public administration. He has held numerous titles at PUC such as ground superintendent, superintendent for buildings and grounds, director of physical facilities and logistical support services.

As vice chancellor of administrative services, many departments report to Kull such as human resources, university police, physical facilities maintenance, operations, and utilities, physical facilities planning and project management, fiscal operations and comptroller including procurement and student accounts.

photo by Jennifer McCampbell

Mike Kull is the new assistance vice chancellor of administration services.

Unaccredited schools issue phony degrees over Internet

U-WIRE

With the click of a mouse and a few thousand dollars, anyone who can operate a computer can get a college degree without ever attending a class.

In many cases, the student does not have to study, take tests or write papers.

The phony documents produced by Internet-based diploma mills have been used by people in various professions to secure jobs.

Advertisements for diploma mills may pop up in e-mails and boast of accredited programs that offer flexibility for working adults.

"It's worse than it's ever been, and it's growing exponentially," said author John Bear, founder of www.degree.net.

Watchdogs like Bear and his Web site keep an eye on fraudulent companies, and government agencies do what they can.

The latest edition of "Bears' Guide to Earning Degrees Nontraditionally," which is scheduled for release in January, will include 481 phony schools. That is an increase from 320 listed in the 1998 edition.

The Internet makes it easy for these companies to spread the word about their services. At least one diploma mill sends up to a million e-mail messages a week advertising its business, said Bear.

The e-mail often falls in the hands of desperate people who know that degree holders have a greater chance of succeeding in the job market, Bear said.

"When a school sells you a degree and a transcript with no work at all, and you have courses on your transcript that you don't know anything about, and you're able to negotiate your GPA, and they're willing to backdate your diploma, something's wrong"
Allen Ezell
retired FBI agent

Allen Ezell, a retired special agent who oversaw the Federal Bureau of Investigation (FBI) DipScam task force to investigate phony universities in the 1980s and 1990s, said there are some telltale signs that a university is bogus.

"When a school sells you a degree and a transcript with no work at all, and you have courses on your transcript that you don't know anything about, and you're able to negotiate your GPA, and they're willing to backdate your diploma, something's wrong," Ezell said.

According to The Chronicle of Higher Education, from 1983 to 1986, the FBI shut down 39 so-called colleges that made false claims about degrees and offered them for high sums. The crackdown slowed down the appearance of new institutions for a few years.

The FBI DipScam project started in 1979 and ended in 1992 when Ezell retired.

"Even though the DipScam project is no longer active, the FBI, postal inspectors and some crusading state agencies are still actively working to keep fake schools from operating and phony degrees from being sold," Bear said.

People are honest victims of diploma mills as they look for ways to benefit from the expanding distance-learning network that was established by traditional, legitimate universities, experts said. There are several legitimate nontraditional universities that are trying to establish themselves on the Internet.

The Big Bucks

It is estimated that the revenue of the diploma mill industry exceeds $200 million a year!

according to John Bear, founder of www. degree.net

Many diploma mills boast accreditation from agencies that are invented, making it crucial for students to research the company before they sign up for services.

"Not only do they cheapen the value of degrees and trick unwitting employers into hiring people who may not have the skills they profess to have, but they also can taint all distance-education programs as something to avoid," Lisa Guernsey of The Chronicle of Higher Education said.

Many believe the university ".edu" Web site addresses show the college is accredited. However, there are no prerequisites to register for ".edu" addresses.

Bear estimates that the revenue of the diploma mill industry exceeds $200 million a year.

"If somebody holds up a 7-Eleven for 50 bucks, they're going to be in jail before their slurpee melts, but these guys are stealing millions every month," he said.

2000: Controversy, high art reigned

✦ *Diversity triumphs in a groundbreaking year for music*

JAMES E. LACZKOWSKI
Staff Writer

What a year it was: boy bands, Napster, Eminem and Britney goes to number one again. It sounds just like that song off of that really bad Billy Joel album, "Storm Front."

You had to dig deep to find groundbreaking art this year. This includes not only films and books, but even more so with music.

We can always rely on Radiohead, but even myself, their biggest fan on the planet, was dumbfounded and shocked as to how "Kid A" went number one its first week of release. There's only one reason: among all the hype and mass hysteria of blondes and pretty boys, there's a subversive revolutionist camp stirring beneath the underbelly of the mainstream.

There are actually some like myself who crave more from music than just cross-marketing potential and accessibility. Radiohead went beyond all that and then some when releasing their latest opus, "Kid A." With no singles, no videos, no airplay and no buzz, even Napster didn't crack open the studio versions of their mind blowing masterpiece.

Sure, I had no doubt it was going to be something special, but how did it wind up at number one amongst the processed wannabe rap rock that inundated the MTV music scene? It proves that there are those seeking an alternative. If any band can break down walls and cause the current scene to crumble, it should be Radiohead.

Nobody is going to look to Bjork, who by far has created some of the most earth-shattering songs ever recorded. Her "Selmasongs," the soundtrack to the second best film of 2000, "Dancer in the Dark," is spiritual, haunting, beautiful and quite simply astonishing from beginning to end.

What makes it all that and more is the way she combines the classic grandeur of old musicals from the 1930s and beyond, with techno-industrial craftsmanship that wouldn't sound out of place in the Nine Inch Nails realm.

The melodies soar high above the heavens and can evoke emotion out of even the most jaded listener. In the past, Bjork would continuously run hot and cold for me. I loved "Army Of Me," but despised "It's Oh So Quiet." I loved "Human Behaviour," but disliked "Big Time Sensuality."

There is not a moment on "Selmasongs" where I'm not involved and consistently riveted. From the opening awe-inspiring instrumental that recalls classical movie scores of recent memory to the moving "I've Seen It All," Bjork could honestly say with just 7 songs on one CD, that's she's done it all.

You cannot get anymore original, diverse or creative music anywhere this year than with an artist whom I never would expect to adore and respect. Next year, like Radiohead, she's planning to release another opus sometime in June. Let me tell you, like one of those estranged Star Wars/Star Trek geeks who only come out at night, I will be front and center in line, anxiously awaiting both albums.

You can sum up 2000 with two words: Eminem and Napster. Who cares about Backstreet, Britney or N-stink? Years from now they'll join the ranks of Menendo, NKTOB, Tiffany or Debbie Gibson, and they'll be nothing but a pop culture joke that we can share with our children.

The two things that really impacted the industry were the overwhelming controversies of white-trash rapper Eminem and the god-send Napster. My opinion is this: both should be embraced, accepted and welcomed to the music scene.

At first I was skeptical about Eminem. I wrote him off like everybody else seems to be comfortable doing. I hate the song "My Name Is" with every fiber in my body and when his latest LP was released I completely ignored it. But in the immortal words of Morrissey, "The more you ignore it, the closer it gets." I was practically forced to give "The Marshall Mathers LP" a try, so I listened to it with an open mind.

I was already going in with a ton of baggage. Unlike many other critics, I hate Dr. Dre for ruining rap/hip-hop as we know it, and I was not ready to support Eminem for his lyrical content alone. But I was hooked from the second I heard "Stan."

Now, I'm saddened to say that I can't go anywhere without hearing it, and it's unfortunate that the best song on the CD is now reduced to being some sort of strange cultural phenomenon. But better that than the likes of Godsmack or Orgy or Papa Roach.

Eminem deserves serious praise for doing what he does. I admire and appreciate anyone who puts their butts on the line, saying what they feel, openly and honestly and expresses it through a creative medium. Before you bash me, give the entire CD a listen, from track one and on.

If you don't recognize it for being an amazingly brutal, honest and hysterical piece of social satire, then you're not listening to it accurately. If instead you're angered and pissed off because of the shallow, sick misogyny and gay-bashing, then his mission to provoke and upset you has worked.

After all, one of the brilliant excerpts taken from his lyrics include "Half the s—t I say/I just make it up to make you mad." Take it as a dark slice-of-life or social commentary from a white-trash poet with a gift for words and rhymes.

What Eminem has done is brought to the mainstream a well-needed dose of sick, twisted and often hard-to-listen-to reality to music. What the Sex Pistols were to many in the late '70s, is what Eminem is to this generation. They may have different ways of expressing their discontent, but they're both commendable and they were both created to tick parents off.

Could I listen to them on a consistent basis? Probably not. But if somebody is going to scream "I'm angry as hell, and I'm not going to take it anymore," let it be Eminem. At least the guy can do it with a sense of humor. Even if it is as vulgar as it gets. It could be a lot worse. After all, it could be Gwar.

As for Napster, I'm going to sum it up one sentence: Thank God for the creation of the greatest tool that the web has to offer. I'm a mix tape junkie, and having the ability to access songs I can't find anywhere, well, I'm certainly not going to complain. Lars should shut his trap, relax and sit his greedy butt down. Doesn't that guy have enough cash?

After all, being a fellow artist myself, I would rather have as many people as possible to have access to my songs, rather than overflowing with financial gain. That's where I stand with that personally.

As far as the 10 very best CDs of 2000, here are my personal picks. E-mail me at projektmayhem@hotmail.com if you agree or think I'm on crack.

The 10 Definitive Albums of 2000

1. **Bjork- Selmasongs** (*unlike anything you've ever heard*)
2. **Eminem- The Marshall Mathers LP** (*recommended if you like Eminem*)
3. **Radiohead- Kid A** (*recommended if you like Aphex Twin, Brian Eno, Massive Attack*)
4. **ColdPlay- Parachutes** (*recommended if you like Travis, Radiohead, Jeff Buckley*)
5. **Sigur Ros- Agaetis Bryjun** (*recommended if you like Cocteau Twins, Mogwai, or Brian Eno*)
6. **Yo La Tengo- And Then Nothing Turned Itself Inside Out** (*recommended if you like Sonic Youth, The Cure, Velvet Underground*)
7. **P.J. Harvey- Stories From The City, Stories From The Sea** (*recommended if you like Patti Smith*)
8. **Wyclef Jean- The Ecleftic: 2 Sides II A Book** (*recommended if you like The Fugees, Lauryn Hill*)
9. **Aimee Mann- Bachelor No. 2** (*recommended if you like Matthew Sweet, Suzanne Vega, and Til Tuesday*)
10. **Rage Against The Machine- Renegades** (*recommended if you like intelligent political rap-rock with something to say besides "I did it all for the Nookie"*)

Bjork, "Selmasongs"

Robbins' 'Legs' stands out on its own

ADAM MADISON
Production Assistant

"This is the room of the wolfmother wallpaper. The toadstool motel you once thought a mere folk tale, a corny, obsolete, rural invention."

Admission is free, but all veils of illusion must be removed upon entry. Tom Robbins' "Skinny Legs and All," not only removes these veils, it shreds them. The veils of politics, religion, money and other realities distract us from the true meanings of life.

Book	"Skinny Legs and All"
Author	Tom Robbins
Rating	8 of 10

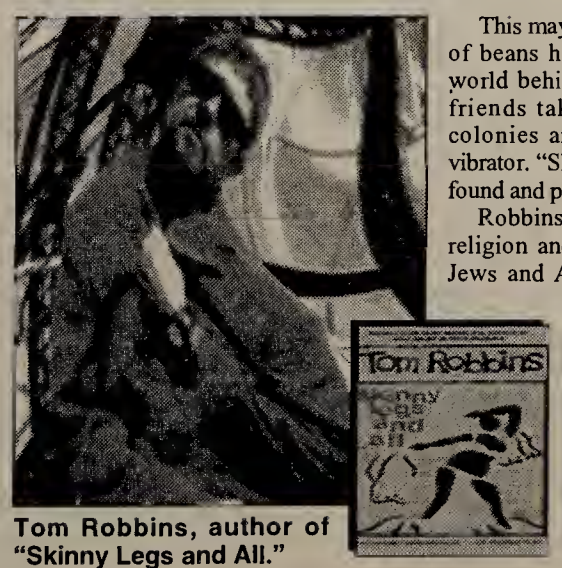
The story begins with the wedlock of Ellen Cherry and Boomer Petway. Ellen is a waitress inspiring to be an artist. Boomer is a slightly off-center Southern welder.

During their honeymoon, they tour the country in a Winnebago disguised as a Thanksgiving turkey. The turkey lands in New York and is labeled a magnificent piece of art. Boomer, the creator, is shipped off to "Jeru-salaam" to construct a religious monument. Ellen is left to fend for her self.

Luckily, an Arab and a Jew opened a restaurant across from United Nations and were kind enough to provide Ellen with a waitress job. This is the restaurant in which Salome dances and drops the seventh veil leaving her naked in the room of wolfmother wallpaper.

While she dances, the overzealous Evangelist Buddy Winkler is attempting to speed up Armageddon by blowing up the holy temple, inevitably prompting the Second Coming of Christ.

Abandoned Can of Beans, Ms. Spoon and Mr. Sock also adventure toward the Holy Land and philosophize the inanimate world on the way.



Tom Robbins, author of "Skinny Legs and All."

This may sound absurd, but a talking can of beans helps introduce the reader to a world behind illusion. Can of Beans and friends take on crazed Christians, ant colonies and meet Daruma, the talking vibrator. "Skinny Legs and All" is both profound and perverse. It leaves nothing sacred.

Robbins attacks the global politics of religion and is sure to offend Christians, Jews and Arabs alike. He calls religious upbringing child abuse and emphasizes that belief in an afterlife denies spiritual growth. Bold and controversial statements, but Robbins manages to back them up.

He constantly reminds readers that the end is upon us, but we are laughing aloud on the way. If you can see past the perversions and absurdities, you might just find yourself in the room of wolfmother wallpaper.

Robbins' book "Skinny Legs and All" is available at bookstores everywhere.

Go get stuck in 'Traffic'

JAMES E. LACZKOWSKI
Staff Writer

Once in a great while, a film comes along that completely transfixes you. It puts you into a whole new world, which may not always be pretty, but is compelling nonetheless. There is something about a filmmaker transporting you to a world with often despicable, yet realistic characters, that is quite invigorating for serious film devotees. It happened about 10 times in 1999 for me. This year it happened twice (the first time this year was "Dancer In The Dark").

From the opening sequence, you are riveted to the screen. The best thing about the beginning is how it launches into the first story without any hesitation. No overlong opening credit sequence, just the title: AND BOOM! You're there.

The way the film is presented is unlike any in recent memory. Director Steven Soderbergh literally dirties up the narrative structure itself with different cameras and lenses to differentiate each tale told.

The first story revolves around the moral dilemma that a cop faces with staying loyal and doing what he feels is right, and risk getting himself killed in the process. It's a similar story that has been dealt with many times before, but it's the acting and directing that sets this film apart from your typical cop drama.

People have certainly asked "Why another movie about drugs?" I can definitely agree that there have been far too many films dealing with the subject. (I am one of the few detractors of "Jesus' Son"). However, what the cast and crew bring to "Traffic" is innovation and here it flows like a fine wine. The film itself feels like a documentary, and in a way, it is.

The best story revolves around another moral dilemma involving a drug czar played by the now-redeemed Michael Douglas (two for two this year with this and "Wonder Boys"). He's torn between his beliefs and faced with the tragic ordeal of his daughter being an addict.

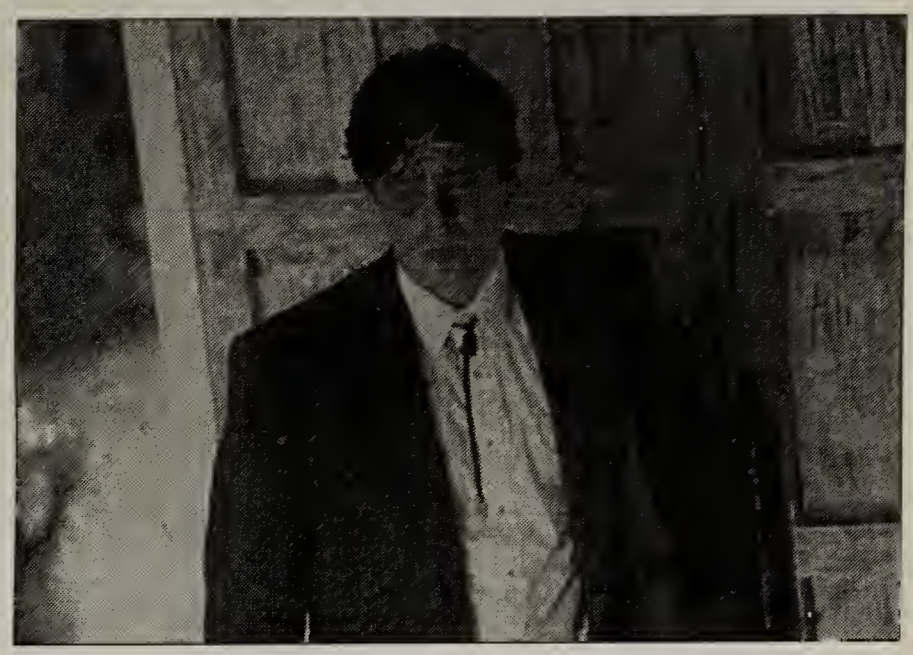
There is a confrontation scene that takes place outside a bathroom that is one of the most heartrending of the year. When you expect Douglas to go absolutely mad, he actually surprises his audience by being subdued and not doing the over-the-top vigilante thing.

The third story which is as equally interesting is the one involving Catherine Zeta-Jones' character who is faced with maintaining a stable family and turning in her guilty drug-dealing husband. Two cops are hot on his trail (the reliable Paul Thomas Anderson staples Don Cheadle and Luis Guzman), and they provide the comic relief of the picture. Some may be bothered by that, but I thought it was necessary to their characters.

Movie	"Traffic"
Actor	Michael Douglas
Rating	10 of 10

There is not a moment or a character that doesn't stay with you long after its running time. What really is amazing is how "Traffic" works in every way a good film can.

At its central core, "Traffic" has something relevant to say about drugs in today's world and how addiction is plaguing our youth more than ever.



Javier Rodriguez (Benicio del Toro), a Mexican drug enforcement agent, struggles against moral and political corruption in Stephen Soderbergh's "Traffic."

In what could have been preachy is the monologue towards the very end. It is one of the most "real" moments ever put on film and rings true with Michael Douglas, both the character and the actor. (His real-life son was faced with addiction that sent him to rehab).

There are sequences that will force you to think and that's what any great movie should do. But that aside, it's one of the most fascinating films to watch and is incredibly entertaining from beginning to end. What makes it all the more amazing is the fact that Soderbergh didn't hire a cinematographer but instead chose to shoot the film himself with a digital camera (in most scenes).

If you are a fan of "Pulp Fiction" or "Magnolia," then there is no doubt you will enjoy this. Although those two films are not as important as "Traffic," they are all in the same league in terms of being so unique. I left the theater incredibly happy that films like these are made and that people can check them out.

"Traffic" is quite simply one of the finest films to grace the screen. It's not only Steven Soderbergh's best work to date, but definitely the most effective of the many films that are on his resume. If you want to see some a film that is not only important, but also genre-breaking and life-affirming, then look no further. "Traffic" is it.

Find the best read for 'Miles' around

RACHEL RIECKEN
Staff Writer

Do not let school textbooks turn you away from reading. Spend some time browsing the shelves at Miles Books, located at 2816 Highway Ave., Highland. The books you will find offer hours of entertainment for the asking. Do not just go there when you are in a hurry, you may lose track of the time.

Even if you are not a book lover, Miles Books has something for you. Topics include science fiction, fantasy, military, art, non-fiction from different countries and much more. They specialize in used, rare and antiquarian books.

Unlike many used bookstores, this one is exceptionally well organized. Topics are clearly distinguished from one another. Prices also seemed more reasonable than at some other used bookstores I have visited.

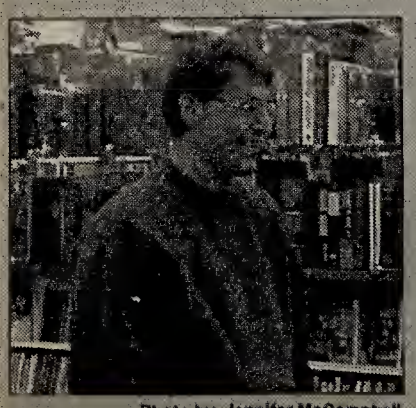


Photo by Jennifer McCampbell

Jim Roumbos, owner of Miles Books, shows off his inventory.

The customer service at Miles Books is friendly. Shortly after I began browsing the shelves I was asked if I needed any help.

Miles Books, opened in Dyer in 1984, is a family business owned by Jim and Diane Roumbos. It has since moved to its present location in 1989.

Jim Roumbos said he loves to read, though he does not have as much time for it as he used to. When he was six years old he would read five books a week. A former electrical Engineering student from PUC, he found that he wanted more interactions with people than engineering offered him. His love for both books and people led him into the book business. He seeks to take care of the person, not the customer.

Roumbos said that reading books has advantages over getting information off the Internet. He said "the visual and sensual aspects of books make their information easier to retain than reading it on the Internet." Also facts cannot be changed and history cannot be revised in a book. Information on the Internet does not have to go through the filtering processes that books are subject to. Roumbos said that to be a scholar in any field you have to read books.

Miles Books will special order in-print books. They buy, sell, and trade (selectively). They do out-of-print searches, appraisals, and have a person who rebinds books.

Miles Books is open Monday-Friday from 11 a.m. to 6 p.m. and on Saturday from 10 a.m. to 5 p.m.

'The Sorcerer's Stone' conjures up magic

LORRELL D. KILPATRICK
Entertainment Editor

When I was 11 years old, I was given a book called "The Lion, the Witch and the Wardrobe." This book took me a wonderful new world where my imagination was allowed to roam free. Now, 10 years later, I was again taken to that place while looking for an educational gift for my 7-year-old brother.

I ran across "Harry Potter and the Sorcerer's Stone" and absolutely fell in love with Harry Potter. This is a story of a young boy having to leave what is familiar to him to find his rightful place. This young man also has to live up to a legacy he created for himself at a time before he was able to remember it.

Harry Potter and the Sorcerer's Stone"

The opening scene of the book completely draws you into the story. The combination of a group of odd looking people dressed in longs cloaks bustling about town and a cat who seems to be waiting for something or someone all day, both making a middle-aged man very nervous because they remind him of his sister-in-law and her husband for some reason, make to a very interesting beginning to what turns out to be a most fascinating story.

There are universal themes in this story that people of all ages can relate to. One such theme is that of feeling out of place in your family. It is quite obvious that the Dursleys, Harry's aunt, uncle and cousin, and Harry could not be any more different.

They make him sleep in the cupboard and give free reign for their bully of a son to terrorize Harry. When he starts to receive letter specifically addressed to his cupboard does Harry start to believe that there is something not just odd about him, but very special.

Another theme is that of living up to standards placed upon you. Once at Hogwarts, a school for budding wizards and witches, Harry is stared at, pointed to and challenged by a new set of bullies because of a great deed he does not even remember doing.

But quickly, Harry proves that he deserves all the attention that was instantly thrust upon him. Whether it is on the Quiddish field, in the classroom or battling his mortal enemy Voldemort, Harry proves that there is much more to him than a legend.

While doing this review, I was laughed at more times than I care to remember for reading a "kid's book," but "Harry Potter" is much more than that. It captures you and allows us 20-something college kids do something we rarely get to do ... use our imaginations. It let me get out of the proverbial box for a couple of days and revel in the wonderful mystery of magic.

Book	"Harry Potter and the Sorcerer's Stone"
Author	J.K. Rowling
Rating	10 of 10

It's gotta be the shoes

Photo provided byThe PUC Photo Club

Eric Beard, a freshman and Lakers' forward, practices layups before the Dec. 2 game against the Indiana Institute of Technology.

Lady Lakers spank Hawks

FRANK SPRANKLE
Sports Editor

With the season steadily progressing for the Lady Lakers, it seems the task of moving ahead means putting behind the struggles of the past couple of months and looking toward the future.

Coming into a home game against the Indiana Institute of Technology Scarlet Hawks Tuesday night at the PER Building, the Lady Lakers have posted only two wins in 17 tries and suffered two straight conference losses. However, the team still held on together and a 79-60 win on this night proved evident.

With IIT the opponents, it meant for a chance to once again build-up more confidence and take each game one at a time.

"It's just another game, to do other things and to win, that's all we can look forward too," Gretchen Circle said.

"Every game is a new game and you got to do different things and encourage yourself to get more wins," she said.

Just 72 hours earlier, on January 13, the Lady Lakers had traveled to St. Xavier and dropped a 62-61 decision after trailing by just 14 points at halftime.

"I think if we had played better in the first half, we would have definitely won the game, we just needed to do the simple things in the first half. We came back in the second half to lose by one, but I think it was a good effort, as long as we can cut our turnovers down will be fine," freshman forward Sarah Bacan said.

Within the game's first six minutes the Lady Lakers built onto their second half rally against St. Xavier and controlled the ball on both sides, offense and defense.

At halftime, PUC had taken a 34-30 lead with them. It seemed as if the Lady Lakers has struggled for a good number of first halves for most of the season. But with nine steals alone in the first twenty minutes and hitting four of six three point shots that accounted for 67 percent, the team had good reason to be up. PUC also shot a perfect six for six in free throws.

Once play resumed, the Lady Lakers still held on to a four-point lead until the Scarlet Hawks threated the margin and moved within a point. As it would turn out, the half would belong to Christina Chandler. The senior shooting guard would nail a big three that brought PUC back on top and then added to the score with a three-point play after drawing a foul and hitting the one free throw shot. All of a sudden, the Lady Lakers lead steadily increased, and ITT could not look back.

By the end of the game, PUC had won by 19 points and captured their first win since December 28, moving the record overall record to 3-17 (1-2 in CCAC play).

Chandler's performance on the court was something to behold. After putting up four points in the first half alone, she responded with 15 second half tallies. That added up to a season high of 29 points, thanks largely to connecting 9 of 10 free throws and a 57 percent shooting average from the field.

"All nine girls played an important role tonight, I'm pleased with the progress we were making because that's all we are trying to do is to get better every game," Head Coach Dennis Smith said.

Smith credits his team's victory on the prior effort of three days before.

"We sort of set the tempo in the second half against St. Xavier, as we played like we knew we could and that gives these girls confidence. Although we did not win against St. Xavier, the girls know we could have and coming in that IIT would be a battle. We are pleased but we still have a lot of work to do," Smith said.

"We ran our offense just like Coach Smith told us to do and we settled down a bit and hit our shots. It was a nice win, we just have to carry it over to our next games," sophomore center Melissa Austin said.

Winning against the Scarlet Hawks could give the Lady Lakers the confidence that they need going deeper into conference games.

"We can play against anybody, we just have our mental blocks and hopefully we don't have those anymore," Bacan said.

Seminar stresses exercise options

RACHEL RIECKEN
Staff Writer

In the seminar "Burning Fat and Body Muscle: Which Exercises Should You Choose?" this past Wednesday at The Center, John Bobalik, coordinator of the Total Fitness Center, explained the importance of and effects of both cardiovascular exercises and resistance training.

Which exercises you choose to do depends on what results you want to see in your physical appearance. If you want to lose some of that fat go for cardiovascular exercises. If you want to tone muscles do some resistance training. A combination of cardiovascular exercises and resistance training is needed for total fitness.

Cardiovascular exercises include not only running, cross country skiing, and swimming laps, but also polka dancing and rollerblading! To qualify as a fat burning cardiovascular exercise, an activity must cause you to use the large body muscles, be kept at a moderate pace (one that allows you to carry on a conversation at the same time), be continuous and sustained movement for a number of minutes, and be performed within your target heart rate.

When you begin a cardiovascular exercise your body gets most of the energy from stored carbohydrates. As you continue, however, a greater and greater percentage of the energy comes from fat instead. "The longer you continue to exercise at a moderate pace the more fat you burn," Bobalik said.

Resistance training is also important because muscles work on the "use it or lose it" principle. After age 25 your muscle mass will decrease if you are inactive. Muscles lose six to eight pounds of mass every ten years. The only way to prevent this is to do resistance training.

Retaining muscle mass is especially necessary for women because they have less muscle mass than men do. Women also tend to live 10 to 15 years longer than men, so they need to retain this source of strength.

To build muscles and increase strength you have to overload muscles with enough physical resistance to cause them to respond. Repetitions of 8 to 15 movements with different types of weights can accomplish this.

This was the first in a series of bimonthly seminars at The Center. Rob Jensen will be speaking on "Changing For the Good: Moving Ahead, Positively," Wednesday, January 24, at 7 p.m. Register for this free seminar by stopping at the Total Fitness Center desk or calling (219) 989-2175.

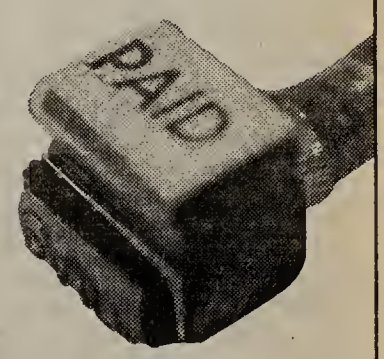
HEY SPORTS FANS!

PUT SOME MUSCLE ON THOSE SPAGHETTI ARMS! COME WRITE FOR THE CHRONICLE!

TIFFANY OR FRANK
989-2547

college education expenses.

PAID



The UPS EARN & LEARN Program

Get up to $23,000* in College Education Assistance!

Package Handlers

Steady, Part-Time Jobs • $8.50-$9.50/hour
benefits! benefits! benefits!

HODGKINS*
(I-55 & I-294 • South Suburbs)
Ph: 1-888-4UPS-JOB
Access Code: 4528

NORTHBROOK
(Shermer & Willow Rds.)
Ph: 847-480-6788
Up to $10,000 Education Assistance

ADDISON*
(Army Trail & Lombard Rds.)
Ph: 630-628-3737
$500 Bonus at this location!

PALATINE*
(Hicks & Rand Rds.)
Ph: 847-705-6025
$1000 Stay Program (Sunrise shift only)
$500 Stay Program (Twilight shift only)

ups®

don't pass it up...
pass it on!

For more information, please contact
Michelle Murphy at:
708-387-4884 ext. 1212

www.upsjobs.com/chicago

Public Bus Transportation available to UPS Facilities.
*UPS Earn & Learn Program guidelines apply.
Equal Opportunity Employer